

Moose Sentinel



Vol 9, No 9

Ft. Richardson - "MWR is for All of Your Life"

September 2001

The Seward Resort Reduces September Rates 20% September 1-15

Includes motel rooms, townhouses, and the log cabin.
(Does not include RVs, tents & yurts).

E1 thru E5

	<u>Per Night</u>
Motel Rooms (Fifty Six) 4 persons	\$ 52.00
Townhouses (Ten Standard) 4-6 persons	\$103.20
Townhouses (Two Deluxe w/fireplace) 4-6 persons	\$127.20
Log Cabin w/hot tub 2 persons	\$ 96.00

E6-E9, W1-CW3, 01-03

	<u>Per Night</u>
Motel Rooms (Fifty Six) 4 persons	\$ 69.60
Townhouses (Ten Standard) 4-6 persons	\$119.20
Townhouses (Two Deluxe w/fireplace) 4-6 persons	\$143.20
Log Cabin w/hot tub 2 persons	\$112.00

CW4-CW5, 04-010, DOD/GS/NAF & other Fed Government

	<u>Per Night</u>
Motel Rooms (Fifty Six) 4 persons	\$ 78.40
Townhouses (Ten Standard) 4-6 persons	\$135.20
Townhouses (Two Deluxe w/fireplace) 4-6 persons	\$159.20
Log Cabin w/hot tub 2 persons	\$128.00

September 3 - Last day for Charter Fishing and Glacier Cruises.

September 14 - Last evening for the Free Boat Lottery for fishing September 15.

September 15 - Last day for the Resort Summer Operations.

September 16 - The Resort Winter Rates begin See winter rates for all guest.

Reservations - (907) 224-2654/2659
Leave Message - 1-800-770-1858

Check out What's Hot www.usarak.army.mil/framwr/seward.htm

Winter Rates

for ALL eligible guests begin September 16 thru April 30th

Motel Units (56 rooms)	\$50
Ten Standard Townhouses	\$75
Two Deluxe Townhouses w/fireplace	\$100
Log Cabin w/hot tub	\$100



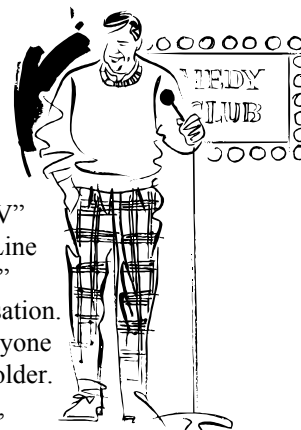
Free 2001 USO/DOD

Second City Comedy Show September 14

Friday Night at the Ft. Richardson,
Post Theater, 8 pm

The show
will feature
eight actors,
comedians
performing
skits from the
"Best of SCTV"
and "Whose Line
is it Anyway?"
style improvisation.

Open to everyone
18 years and older.
For more info,
call 384-7619.



Saturday night, September 15 at
Elmendorf Air Force Base Kashim Club,
8 pm.

! HOT !

Moose Sentinel now on-line



<http://www.usarak.army.mil/framwr>

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2 ♦ Special Events

Hip Hop Showdown September 1

at the Down Under, 9 pm.

Presenting

C.O.R.E & United Stomp Team,
and other featured "Boss Showtime".
Yo' Mama Clownin' Competition
Best Gear & Kicks Prizes
Open MIC!

\$5 pp entry fee (must have valid ID).

Sponsored by the FRA BOSS.

Strictly Hip Hop! The best of the old
skool & the new skool.

Come correct!

Must be so fresh and so clean!

In your best g'd up hippest, flyest, dopest
gear! For more info, call 384-7619.

DWI Blood Alcohol Content (BAC) Level Drops September 1

The Center for Substance Abuse Programs (CSAP) wants you to be aware that the BAC level drops from 0.1 to 0.08 effective September 1. For info on CSAP, call 384-1416.

Spouses Day Out Free Craft Classes Begin October

Free craft classes for military spouses during those cold months available at ACS, Bldg 337. You can sign up at FRA ASYMCA office, call Teri Graham, 384-9622 to reserve your slot and for further info and times, or call Karen Conrad at ACS, 384-1517. Come out, meet new friends, and learn new crafts and hobbies. If you are talented in a particular craft and would like to volunteer to come out and teach one of the classes, please call phone numbers above.

The Moose Sentinel is a monthly publication of the Fort Richardson United States Army, Alaska, Directorate of Community Activities (DCA), Morale, Welfare & Recreation (MWR), prepared by Terry Yeomans, Marketing & Advertising Specialist (Graphic Designer). Articles, comments & suggestions welcomed. (907) 384-2299, Fax (907) 384-2489.
E-mail: teress.yeomans@richardson.army.mil
WEB: <http://www.usarak.army.mil/framwr>

"Thriller Chiller" Winter Orientation September 19

at the Post Theater, 9 am - noon and 6-9 pm

Living in Alaska is a unique and enjoyable experience. ACS will present Thriller Chiller, the annual winter orientation, in a new exciting format for all Ft. Richardson residents. Enjoy and learn about Alaskan winters by attending one of the presentations. Presenters will give vital information regarding this fantastic northern environment and how to get through the winter healthily, safely, productively, and happily. Prepare for the winter months ahead in this arctic climate. For more info, call 384-1517/1518.

Topics:

- Children
- Winter Clothing
- Seasonal Affective Disorder (SAD), combat cabin fever
- Social Services
- Winterizing Vehicles/Winter Driving
- Fire Safety
- Winter Safety
- Winter activities and unique events
- Fun in the Snow
- Pets and much more

WINTER'S
RIGHT AROUND THE CORNER!

Fashion Show provided by AAFES

- Winter clothing and accessories to keep you safe, warm and stylish throughout the season.



Ft. Richardson & Elmendorf Air Force Base Celebrate Hispanic Heritage Observance September 15 thru October 15

Theme: "Paving the Way for Future Generations"



September 17 - Opening Ceremony & Lunch

FRA Dining Facility (DFAC) or JRETC, 11:30 am - 1 pm. Guest Speaker SCM Pagan.

September 29 - Free Family Carnival

Ft. Richardson Buckner Physical Fitness Center (BPFC), 1-4 pm.

September 15 - Opening Ceremony

Elmendorf Air Force Base, Community Center, 11:30 am - 1 pm.

October 13 - Closing Ceremony & Dinner

Anchorage Senior Center, 6 pm - midnight. Tickets will be avail call Lt Ori, 384-1133.

The events are sponsored by the Ft. Richardson 267th Finance Btn, and the Elmendorf Military Equal Opportunity Office. For more info call, Lt Ori or SSG Hatfield at 384-1133 or 384-6982.



Presents:

HomeChoice Seminar September 8, 8 am - 5 pm

ACS Bldg. 337, Ft. Richardson
You must pre-register, call 330-8437
www.ahfc.state.ak.us

Civilian Alcohol Education Employee Training September 11

Bldg 1113 basement, 10-11:30 am.

Topics: Can you tell if someone you know has a drinking problem? What if it is a family member? Where can I go for help? What can I do to help the person? Call Aaron Harrop for more info, 384-1411.

Ft. Richardson Child Development Services Wins Work/Family Award

Terry Yeomans, MWR Marketing & Information

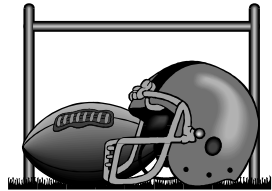
Ft. Richardson Child Development Services was honored as one of five organizations recognized for their commitment to families and employees at a luncheon. The Child Care Connection Inc., (an Anchorage nonprofit organization that provides child-care referral and training), and United Way annually honor organizations for creating a family-friendly workplace. Ft. Richardson Child Development Services (CDS) won one of the three Anchorage area businesses "Work/Family Awards", in the government category. CDS demonstrates excellence in developing and implementing family friendly policies and practices in the work place. Debbie Hopper, CDS Coordinator, accepted the award. She was accompanied by Patricia Shepherd, USARAK Child & Youth Services Manager and LTC Peter Mulchay, Ft. Richardson Post Commander.

The community has access to nationally accredited childcare programs as well as use of the indoor children's gym in Bldg 337. One of the programs "Romp' N Stomp" is a gross-motor activity session designed for children up to school age, available during the winter months. Romp' N Stomp is open to the community as well as Family Child Care (FCC) providers thru the Central Registration Office, phone 384-7483. Community Romp' N Stomp reopens September 11, available to registered parents every Tuesday and Thursday, 1:30-3 pm. FCC providers Romp' N Stomp is held every Tuesday and Thursday, 10:-11:30 am. Reservations are required for program usage.

Congratulations CDS!

IT'S KICK OFF TIME

MONDAY NIGHT Football



Every Monday after work begins September 10

at the Down Under lounge, located in the basement of Bldg 655 (JRETC Bldg). Snacks available. Big Screen TV & Multiple TV's. Nightly Drawings. For more info, call Mary at 384-7619.

Thank you Sponsors!

for direct support of Ft. Richardson events.

.....
ACS 36th Birthday

AAFES

American-Amicable Life Ins.

.....
National Kid's Day

Blockbuster Video

Toys-R-Us

Thank you Subway for supporting the Newcomer's Briefing!

SUBWAY
eat fresh.

Convenient locations to Ft. Richardson on Muldoon, Boniface and in Eagle River.

Employment opportunities available at all locations.

Combined Federal Campaign (CFC) Kicks off September 25 thru November 2



History: The campaign was established in 1963, and is the only authorized yearly fund-raising campaign for federal employees and military personnel to contribute to non-profit organizations.

The campaign is conducted by the federal government, through the Office of Personnel Management (OPM), the CFC operates in over 400 communities throughout the U.S., Puerto Rico, and the Virgin Islands.

Federal donors directly designate their contributions to more than 1,000 charitable organizations based on a list of eligible agencies developed by OPM. These agencies

must demonstrate to OPM that they are charitable institutions with 501(c)(3) status and that they conduct real services and/or program activities, among other criteria. As potential recipients of funds raised by the CFC, United Ways in those communities, are registered on the OPM list the same as all other eligible agencies. United Ways have no control over the list of eligible charities or the distribution of designated funds. This control falls directly under federal authority.

OPM authorizes Local Federal Coordination Committees (LFCC) to organize the CFC and appoint a "Principal Combined Fund Organization" (PCFO) to manage the

campaign. In the majority of communities, United Ways are the designated PCFO. As PCFO's, United Ways are responsible for managing the day-to-day operations of the Combined Federal Campaign.

Nationwide, the CFC raised more than \$238 million in 2000. In Anchorage in 2000, \$1,233,103 was raised. Of the local total \$480,910 or 39% was designated to LOCAL agencies. The rest was designed to national and international agencies.

Ft. Richardson goal is \$126,000. To contribute, contact your unit representative, or CPT Mitchell, 384-1723.

4 ♦ Recreation

Otter Lake Park September Outdoor Sports Adventures

Free Paddle Boat Race -September 1

1-3 pm. Winner receives 1 day boat rental of their choice.
Electric motors will be charged. Race will be timed with a stop watch.

**Otter Lake Boat Rental Closes September 9,
for the season.**

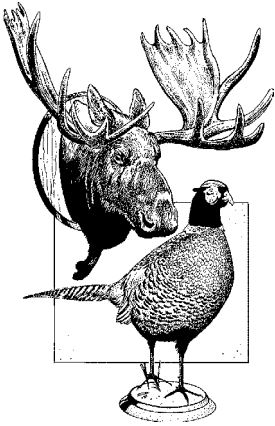
Hunting Rental Equipment Issue (REI)

at the Outdoor Recreation Center,
Bldg 794. Call 384-1475/1476

Food Saver
Meat Grinder
Meat Smoker
NEW! 4 Wheelers

Hunters Rental Special during the Month of September

You can rent 1 meat grinder, 1 food
saver (without bags) for \$25 per day
(\$30 value). Other rentals include:
boats, motors, and trailers, fishing,
and camping equipment.



5 lb Trout Caught during the Otter Lake July Fishing Contest

Congratulations

Anastasia Longoria, 10
year old daughter of SFC
Ned Longoria from the
HHC 1-501st. Anastasia
caught the largest fish in
the July Otter Lake
Fishing contest, a huge 5
lb trout. Anastasia's dad
Ned received a \$100 boat
rental from the Outdoor
Rec Ctr. SFC Longoria
won the June fishing
contest with a 4 lb 2 oz
trout, and won another
\$100 boat rental from
Outdoor Rec. There's
still some huge trout in
Otter Lake waiting to be
caught. The Otter Lake
Boat Rental is available
to rent boats thru
September 9. For more
info, call 384-6245.



Otter Lake Lodge

**It's Remote, Quiet with Spectacular Views of
the Chugach Mountains, overlooking Otter
Lake.** The ideal chalet for Weddings Meetings - Graduation
Parties Banquets - Training Classes Recreation or Unit Parties



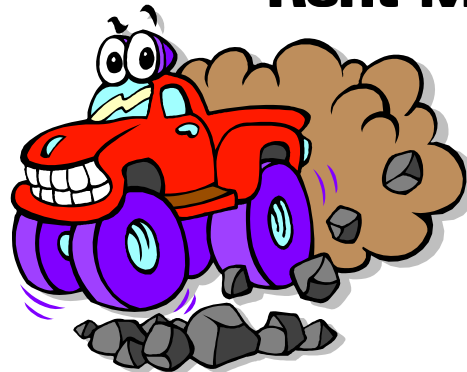
Otter Lake Lodge is a chalet style lodge with a beautiful view of
Otter Lake and the Chugach Mountains. The lodge is open year
round and can be rented day or evening (accommodates 200
people). The lodge is equipped with a stereo, dance floor, wet bar,
ice machine, fire place, complete kitchen, tables and chairs.

There is a 4 hour minimum. When you pay for 4 hours you
receive 5 hours, 1 hour free for setup. Reservations can be made
thru the Outdoor Recreation Center. Call 384-1475/1476.

Fees

Military Training \$25 an hour
Active Duty Military \$50 an hour
DOD Civilians \$75 an hour
Civilians \$100 an hour

Rent Me



Polaris 325 Magnum 4 wheelers

\$100 for 36 hours. Must be 18 or older and view
a Safety Video. Call the ODR at 384-1475/1476.

Athletics/Fitness

Buckner Physical Fitness Center 384-1304/1306

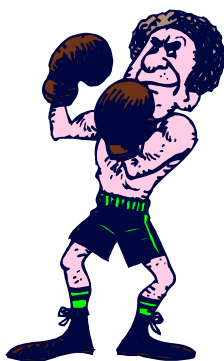
Athletic & Rec Meeting, September 4, 1 pm

1-501st Boxing Smoker
September 7, 7 pm

Post Flag Football Tournament

Top 8 teams during regular season qualify.

Dates of Tournament, **September 22-27**



Federal/School Holiday Hours:
September 3 (Labor Day), 9 am - 7 pm

September Highlight

Certified Personal Fitness Trainers

Want help getting started with exercise?

Buckner Physical Fitness Center has NFPT Certified 1st Class Personal Trainers available to help you exercise. The trainers will assist in areas of nutrition analysis, exercise heart rate, toning muscle, exercise endurance, body fat and weight loss, exercise planning, and stress management.

Fees vary according to services.

Call for an appointment:

Mike Masters, 384-6028 or 696-2940

Robert Williams, 694-0855

Yoga Every Wednesday

FREE Stress reduction Yoga classes

during lunch time, 11:30 am - 12:45 pm. Come breathe, stretch, balance and relax. Wear loose clothing and bring a towel. Call Paula Saylor for info and reservations, 384-7506.

Aquatics

Office 384-1301, Recording 384-1302

Sorry No Youth Swim Lessons for September

Federal/School Holiday Hours:
September 3 (Labor Day), 11 am - 4:30 pm

Pool Fall Schedule

Hot! Limited Open Swim

Monday thru Friday: 1:30-4 pm (non holidays)

2 lap lanes open (diving platform closed)

Military Units can reserve this time for training. During military training only 2 lap lanes are open.

Open Swim

Monday thru Friday: 7-9:30 pm (non holidays)

(during this time, no lap lanes avail).

Saturday, Sunday & Holidays: 1:30-4:30 pm

(during this time, no lap lanes avail).

Eligibility for Limited Open Swim & Open Swim: age 14 or older. Children must be at least 10 years and have passed a pool test to be in the water by themselves. The parent must still remain in the Bldg until the child is 14 years old. Pool swim tests are administered only during lap swim. Prior arrangements must be made.

Contact the office for a pool schedule and for more info on pool reservations, closures, lap swim, hot tub, and kiddie pool.

A Special Thank You

to the supporters of the Newcomers' Briefing.

COSTCO

Welcomes USARAK soldiers
and their families to
Ft. Richardson and Anchorage.

A Special Thank You

to the supporters of the Newcomers' Briefing.



Call about the **\$20 "Big Deal."**
This special is for military ID holders signing up for new memberships. (A \$35 value)
Call Yolanda at 276-6803 for information.

6 ♦ Education

Education Opportunities - 384-0970

September News

Montgomery GI Bill (MGIB) conversion deadline October 31.

Time is running out for active duty soldiers who are in the Veterans Educational Assistance Program (VEAP) to convert to the Montgomery GI Bill (MGIB). The Veterans Benefits and Health Care Improvement Act of 2000 provides a window of opportunity for VEAP-era soldiers to convert to the MGIB even if their account is inactive. The maximum benefit under VEAP is \$8,100 and under the MGIB it is \$23,400. **The deadline for making the conversion is October 31.** Soldiers should contact their Education Center for more information on this opportunity. Call 384-0970.

Good News from the VA - Tuition Assistance "Top-up"

- Public Law 106-398 provides active duty GI Bill participants the opportunity to "Top-Up" their Tuition Assistance (TA) benefits.
- TA users can now use their active duty Montgomery GI Bill (including VEAP conversion and Vietnam Era) benefits to pay the 25% share of tuition not covered by TA.
- Top-Up benefits can be paid retroactively on classes with start dates on or after 30 Oct 00.
- It's easy to apply! Contact your Education Center for more information at 384-0970.

School Starts September 4, 2001

Be Safe - Slow down
for children in school zones.



Emergency Medical Technician (EMT) Class at the University of Alaska Anchorage (UAA) The class will be offered on Saturdays this fall. Call 428-1228.



New Master of Arts in Management at Wayland Baptist University (WBU) Call 428-1496 or come in and learn about the new class.



Information Technology Classes at Central Texas College (CTC) The classes are offered at lunch time and in the evening. For more info, call 428-1317.

USARAK Safety Zone



**Read Here for Safety News & Information
It's Back to School Time !**

- Know the walking and/or riding route to school.
- Teach children to obey traffic signals/patrols.
- A Helmet **MUST** be worn if riding a scooter or bicycle.
- Always use the "BUDDY" System
- Children should know their phone #, address, and parent/guardian work/cell #.



- Children never talk to/accept a ride from strangers.
 - If children are home alone for a few hours after school:
 - Set rules for locking doors and/or staying indoors.
 - Establish a check-in procedure.
 - Agree on rules for having friends indoors.
- Drivers Slow Down for Pedestrian Crossings/Buses.

!THINK SAFETY FIRST!

From your Friends at the Post Library - 384-1640

Book Returns: Book Drop in front of the new location Bldg 5.

Website of the Month: www.birder.com. This website gives access to many other web sites on bird watching, fun and games related to birding, bird science and environment. What books to get and where to get them.



Post Library

GRAND reopening

September 4, 11 am - 8 pm

**Stop by visit the new facility,
and have some cake and punch.**

The Post Library is located in Bldg 5 (the old Commissary) same complex as the Shoppette, Thrift Shop and Armed Services YMCA.

National Hispanic Heritage Month

America draws strength from the extraordinary diversity of its people. Hispanics, who are of all races, distinguish themselves as a community by fostering connections rooted in the Spanish language. Our national character is enhanced by citizens who maintain and honor cultural customs brought from other lands. Hispanics, who have long been part of American tradition, were the earliest European settlers of this great Nation. Their diverse and vibrant culture includes elements originating in Spain, North America, Central America, South America, and the Caribbean. Hispanics share deep family values, recognize their obligations to the less fortunate of our society, protect their children, cherish freedom, and fulfill their patriotic duty to defend their country.

Come by the Post Library and check out our books, CDs, cassette tapes, VHS tapes, on-line databases, displays and learn more about Hispanic Americans as individuals and as an ethnic group. **See Hispanic schedule of events on pg 2.**

Arts & Crafts - 384-3717/3719

Ceramics - 384-3419

Frame Shop - 384-3417

Wood Shop - 384-3418



Specialty Classes

Ceramic Classes

- September 6** Glazing (Part 1 of 3), \$15 incl piece, 6-9 pm
- September 20** Decal (Part 2 of 3)
- September 27** Mother of Pearl (Part 3 of 3)
- September 7** Bronzing Class, \$15 incl piece, 6-9 pm
- September 13** Basic Pouring Class, \$15, 6-9 pm
- September 14** Pick & Paint, \$15 incl piece, 6-9 pm
- September 15** Pick & Paint, \$15 incl piece, 6-9 pm
- September 21** Sale - 20% off Bisque
- September 28** Basic Pouring Class, \$15 incl piece, 6-9 pm

Basic Matting & Frame Class

Every Thursday **September 6, 13, 20 & 27**, \$30, 6 pm
Saturday, **September 15**, 10 am.

Two for One Frame Class
During September

Beginner Stain Glass Class

Every Saturday beginning **September 8**

10 am - noon. - Cost \$25

You supply glass, copper foil and sauder,
A&C supplies everything else.

Pick up pattern from the A&C prior to start of class

Arts & Auto Craft Center Closed September 2
(in observation of Labor Day)

Auto Skills Center - 384-3718

Paint Bay - \$50 per day w/\$50 refundable deposit. (Boats, ATV, motorcycle, car & trucks).

Wheel Alignment - \$50 per vehicle - 4 wheel alignment, \$25 per vehicle - 2 wheel alignment

4 Vehicle Lifts - Stop by and change your oil, brake shoes, or whatever you like to tinker on. It's a great place to learn automotive skills while saving money!

Body Work - Use the Auto Shop body bay to remove all that rust on your vehicles.

Emission Inspections FEE \$33

(I/M Test \$15, Certificate \$18)

Appointments Only (No pass - No pay)

Lowest price in the Anchorage/Matsu Area! **Call for an appoint**

Armed Services YMCA - 384-9622

Info Guides The ASYMCA Welcome Center has all your guides to Anchorage and surrounding cities. From the hottest places to eat and entertainment to the best fishing spots, trips and tour info.

Buy 1 get 1 Free! See 1 movie or mix and match at the Alaska Center for the Performing Arts (PAC). Sky Song's Aurora Borealis, "Alaska's Gallery of Light" or Cine Ventures Wolves - a giant screen experience, and Alaska Spirit of the Wild.

Portage Glacier Lake Cruises 50% off! thru Sept 20, depart 4:30 pm. Adults \$12.50, Children \$6.25. Flyer required for discount, pick up at "Y". For all military and family members.

Military Charter Special Renown Charters & Tours is offering Free transportation to Seward with the purchase of a 6 hour cruise into the Kenai Fjords National Park to Holgate Glacier (lunch included). Cost \$109.

Entertainment

Down Under Lounge - 384-7619, Bldg 655

Full Bar - Dancing - Pool - Darts - Video Games

- ♦ **Hip Hop Showdown - September 1**, (see pg 2)
- ♦ **Nascar Nite - September 8**, 3 pm. Watch the Chevrolet Monte Carlo 400. Big Screen TV - Prizes! Try our mini race track. Best time wins a remote control car. No cover. Open to all ages. Under 18 must be accompanied by an adult.
- ♦ **Monday Night Football begins September 10**, 4 pm. Big Screen TV - Weekly Drawings! Companies/large parties welcome. Please call Friday before for staffing. (see pg 3)
- ♦ **USO Comedy Show - September 14**, (see front pg)
- ♦ **Right Arm Night - September 27**, Thursday, 5 pm



BIG EVENT • BIG EVENT



OKTOBERFEST

MARK YOUR CALENDAR

October 13 - Live Band - \$8 cover - Great Food - Club opens 5 pm

Rent the Down Under Lounge

Have your next event/party at the Down Under. Reasonable Rental Rates. Any day or night but Friday. Bartender available at no charge. Book one of our DJ's or find one of your own (must have own equipment). **Rent 4 hours get the 5th free.**

- ♦ **Open every Friday 3 pm.**
- ♦ **Saturday** open 10 pm, unless rented, or special event.

Call Mary at 384-7619 to rent the lounge. E-mail mary.hastings@richardson.army.mil.

Better Opportunity for Single Soldiers (BOSS)

Hip Hop Showdown - September 1, Down Under Lounge (see pg 2)

BOSS Meetings Friday - September 14 & 28, Down Under Lounge, 1 pm.



8 ♦ Soldier & Family Services

Army Community Service (ACS)

384-1517/1518

HOT! ACS "Thriller Chiller" Winter Orientation

September 19 (see pg 2)

"Get to Know Your ACS Program"

September 14, Bldg 337, 11 am. The "Get to Know Your ACS" program is designed to assist the Senior NCO chain on the preferred and proper method for referrals and identification of problem areas of soldiers and family members. This is a great opportunity to let them tell us what they want and need from Army Community Service, as well as our opportunity to tell them what we can do for them. Presenter: Karen Conrad, Family Readiness Coordinator speaking on Employment & Mobilization.

Marriage & Family Education

Army Family Team Building (AFTB) Level III - September 11 & 12. AFTB Instructor Training - September 26 & 27, Bldg 1, Goldmine Rm, 6-9 pm. *RSVP for Childcare*, call Wendy Newman 384-1513.

Rear Detachment Training & Family Readiness Group (FRG) - September 25, Bldg 337, 9 am - 4 pm. Call 384-1517

IT's Back - Marriage Enrichment Retreat Weekend - September 7-9 and September 28-30. Prevention & Relationship Enhancement Program (PREP) weekend get-away at the Seward Resort. *Reservations required 2 weeks in advance.* Call for an appointment 384-7502/7507.

Marriage Enrichment Forum - Bldg 337, FAP Library, every Tuesday, September 4, 11, 18 & 25, 6:30 pm or Every Wednesday, September 5, 12, 19 & 26, 11:30 am. **Pre-registration required** (group limit 12 couples). Call Karen Gale 384-7502/7507 to register.

Food Allergy Parent Support Group Meeting - September 13, Bldg 337, 6-7:30 pm. For more info, call 384-0225.

Exceptional Family Member Program (EFMP) - If you have, or are an Exceptional Family Member and would like to talk with families who have had similar experiences, come be a part of the EFMP Support Network. Signing up for the network is voluntary but the benefits are great. Call Monica Byrd, 384-0225.

Nutritional Education

Nutritional Cooking Class - September 10, 17 & 24, Rm 20, 2-4 pm. Learn nutritional ways to stretch your budget. "Hands-on" experience in preparing tasty, healthy meals. *Registration required*, call Karen 384-1517.

Family Subsistence Supplemental Allowance (FSSA) & Army Emergency Relief. To see if you qualify for FSSA, visit ACS or call SSG Green, 384-7478.

Women, Infants & Children (WIC) Program - ACS Bldg 337, Rm 20, Mon-Fri: 8 am - 12 pm and 1-5 pm. Stop by and see if you are eligible for WIC services (free daily products, juice, cheese, and cereals; nutritional info and loaner breast pumps. Call David Brown or Amy Van Splunder, 384-2033.

Self Help

Anger Management - September 4, 11 & 18, 1-3 pm.

Stress Management - September 10 & 17, 1-3 pm, Available thru individual or group sessions, FAP Clinic, Bldg 602, Rm 230. Keep getting in "hot spots" at work and home? Develop skills to cope with stress and anger as well as identifying and rearranging irrational thinking, assertive communication, conflict resolution, negotiation and relaxation techniques. Call Paula Sayler to register 384-6782.

Stress Reduction thru Yoga - Free Classes September 5, 12 & 19, Buckner Physical Fitness Center, 11:30 am - 12:45 pm. Come breathe, stretch, balance and relax. All levels of experience and ability. Please wear loose clothing, bring a towel and 2 blankets. Call Paula Sayler for info 384-6782.

Parent & Newcomers Orientations

Newcomers Orientation, Info Fair & Bus Tour - September 5 & 6 and September 19 & 20, Bldg 337, Rm 21. Orientation & Info Fair, 9 am - 3 pm. Complimentary lunch, 11:30 am. For active duty soldiers & their family members. Call 384-1515.

OBGYN Orientation - September 5, 12, 19 & 26, EAFB Hospital, 8 am. Learn about the FRA Families First Program. Professionals provide assistance and parenting hints. Call Carol McGuffee for info, 384-7508. *Reservations required 580-1401.*

Child Development Center (CDC) Parent Orientation September 5 & 19, Bldg 6, 9-10 am for new CDC enrollments. CDC is a NAEYC accredited program. Contact 384-0686.

Parent Advisory Support Council (PASC) Meeting September 12, for all Child & Youth Services and SAS parents, Bldg 337, Rm 9, 11:45 am - 1 pm. **Lunch is provided.** Come be a voice for our children. **HOT! Parents - Free child care is now available (24 hour notice required)**, call Central Registration 384-7483.

Part Day Program (PDP) Parent Orientation - September 12 & 26, Bldg 337, Rm 9, 9:30 am for new PDP enrollments. PDP is a NAEYC accredited program. Child care call 384-1510.

YS New Parent & Youth Orientations - September 4 & 18, Bldg 297, 3-5 pm, or call Tom Dinkins at 384-1508 to schedule an alternate time.

Family Child Care (FCC) Parent Orientation - September 7, 11:45 am - 12:45 pm, Bldg 337, Rm 9, for new FCC enrollments. **Child care is not provided.** Info 384-1500.

Family Child Care (FCC) Provider Pre-Orientation September 7, Bldg 337, Rm 9, 3:30-4:30 pm. All provider applicants who plan to attend the FCC Provider Training September 12-18, are required to attend this pre-orientation. Child care is not provided. For additional info and reservations, call 384-1500.

Forgot to pick up your prize at the ACS Birthday Party?

Ticket #835579 won an AAFES Theater Pass.
Ticket #835600 won an ADAPCP Fanny Pack.
Please contact and pick up your prize at ACS, Bldg 337.
Call 384-1517/1518

Soldier & Family Services ♦ 9

Parenting Classes

The following classes are located in Bldg 337, FAP Library.
Pre-registration required. Call Carol McGuffee, 384-7502/7508.
Strengthening Stepfamilies - September 11, 1-3 pm or 6:30-8:30 pm.
123 Magic - September 12 & 19, 1-3 pm or 6:30-8:30 pm.
Positive Discipline - September 18, 1-3 pm or 6:30-8:30 pm.
Single Parent Forum - September 27, 3-4:30 pm.
Systematic Training for Effective Parenting (STEP) - September 25, 6:30-8:30 pm.

Fun Activities for Parents & Children

They're Back - Community Romp' N Stomp (Indoor Children's Gym) (children up to school age) - **Re-opens September 11.** The program is available to registered parents every Tuesday & Thursday Bldg 337, 1:30-3 pm. **FCC Romp' N Stomp** - available for FCC providers every Tuesday & Thursday, 10-11:30 am. *Reservations are required for program usage.* For info how to register, or to make reservations for the program, call Central Registration, 384-7483.

Children's Aqua Play (6 months to age 5) - September 5, 12, 19 & 26, BPFC Pool, 9:30-11 am. "Come swim and play with your children". Call Carol McGuffee 384-7508.

Pooh's Play Group (infants to age 5) - Tuesday and Friday, Bldg 337, Rm 20, 9:30-11 am. Make new friends while your children play with their children. Free snack provided. Call Karen 384-1517, or Carol 384-7508 for info.

Fun Activities for Adults

New - Basket Making Class - September 12 & 26. September 12, 9:30 am - noon. September 26, 6-9 pm. Class size limited 10. Cost of materials TBD. First come first serve. Open to the FRA Community. Call 384-1517 to sign up.

Scrap Booking - Get those photos organized, **every Monday**, Bldg 337, Rm 20, 5:30-9:30 pm. For info, call Karen 384-1517.

Knitting - All levels, **every Thursday**, Bldg 337, Rm 20, 7-9 pm. For more info, call Karen 384-1517.

Thrift Savings Plan (TSP) Opens - **October 9 thru December 8**, for Uniform Services. For additional info, call ACS or SSG Green, 384-7478.

Child & Youth Services (CYS)



CYS Central Registration Office is located in Bldg 337, Rm 7. Open Monday thru Friday, 8 am - 5 pm. There is an annual administrative fee of \$35 per family payable at the time of registration. For info, call 384-7483.

Preschool & School Age Programs

They're Back - Part Day Program in Bldg 337 offers a variety of early childhood education programs for children of preschool age. Preschool options include Toddler Time for 2-year olds and a variety of 3-hour, 5-hour and 9-hour classes for 3-5-year olds. Before and After School Kindergarten program available. For info on space availability, call the Central Reg Office 384-7483.

It's Back - SAS Before & After School Care - SAS is located in the YS Bldg 297. The program operates Monday - Friday. Before School Program: 6-9 am (includes breakfast at 8 am). After School Program: 3:30-5:30 pm (includes afternoon snack at 4 pm). Parents have the option of enrolling in the Before or After School or Both Before and After School Program. Fees are based on Total Family Income (TFI). To enroll you must schedule with CYS Central Reg, 384-7483.

Computer Lab & Tutor - The Computer Lab and Tutor is available. Call 384-1508 for more info.

Child Care Info

FCC Hourly Care - is offered by in-home child care providers for children 6 weeks - 12 years of age. A fee of \$2 per child is charged for each hour of care provided. Children must be fully registered thru the CYS Central Reg Office. Call 384-7483.

Hourly Care - for children 6 weeks to 12 years, in the Part Day Program, Bldg 337, 8 am - 4:30 pm, \$3 an hour. Reservations required and may be taken up to 2 weeks in advance, call 384-1510. **HOT! Beginning October 1, usage is available 5 hours per day maximum with 25 hours per month maximum limit.**

Youth Sports

HOT! Basketball Registration - September 4 thru October 5.

Basketball League Div	Players Born on/or Between
Mini Mite	March 1 & February 28 - ages 5 & 6
Pee Wee	March 1 & February 28 - ages 7 & 8
Minor	March 1 & February 28 - ages 9 & 10
Major	March 1 & February 28 - ages 11-13






All youth must be registered at CYS, Bldg 337, Rm 7. A physical Exam with-in the one year is required upon registration. Call Central Reg for info 384-7483.

Teen Sports Officials Wanted - YS is looking for teenagers that understand the rules of Soccer, Basketball & Baseball that would like to be trained to become Sports Officials. Call YS Sports & Fitness Director, 384-1516 for more info.





YS Volunteer Basketball Coaches Wanted for the upcoming season. Call 384-1508/1516 to volunteer. Our children need your help to develop desirable personalities and to build character in terms of sportsmanship, cooperation and leadership.

10 ♦ Y. S. Adventures

1st - 4th and 5th & 6th Grade - 384-1508

Sun	Mon	Tue	Wed	Thu	Fri	Sat
WINTER HOURS 1ST-4TH Grade Saturday only Hours 12-4pm	 <h1>September 2001</h1>					1 CLOSED
2 WINTER HOURS 5th-6th grade Monday - Friday 3:45pm-6pm Saturday 12-5pm	3 LABOR DAY	4  NIKE hoops 4-5pm Nails 4-6pm Arts/Crafts 5-6pm BACK TO SCHOOL	5 NIKE hockey 4-5pm Arts/Crafts 4-6pm	6 Coed fitness 4-5pm Chess club 4pm Fly Tying 6-7:30 pm	7 NIKE challenge 4-6pm TORCH Club Mtg 5:30 OAC Mtg 6pm	8 1st-4th NEWCOMERS PARTY/CRAFTS 1-4pm 5th-6th Ultra Zone Trip \$2.00 Permission slips by 6th
9 OAC ROCK CLIMB 9-5pm	10 COPE Mon.- Fri 9am-3pm Double Dutch 4-5:30pm Computer Lab 4-6pm	11 NIKE 3 point shootout 4-5pm Nails 4-6pm	12 NIKE 2 on 2 basketball 4-5pm Arts/Crafts 5-6pm	13 Coed fitness 4-5pm Chess club 4pm Fly Tying 6-7:30pm	14 NIKE challenge 4-6pm Mexican Independence Celebration 6:30-9pm	15 1st-4th Family Roller Skating 1-3pm Scouts invited 5th & 6th Arts/crafts 1-3pm
16	17 COPE Mon- Fri 9AM-3PM Coed Fitness 4-5pm 8 Ball Tournament 4-6pm	18 NIKE four square 4-5pm Arts/Crafts 5:30-6:30	19 NIKE tennis 4-5pm Homework club 4-6pm	20 Arts/crafts 5-6pm Health education 4-5pm	21 NIKE challenge 4-5pm Torch Club Mtg 5:30 Volunteer Recognition Ceremony 6:30-9pm	22 1st-4th Parent child arts/crafts 1-3pm 5th-6th OAC trip 5-9pm Arts/crafts 1-3pm
23 	24 COPE Mon-Fri 9am-3pm Double Dutch 4-5:30pm Arts/Crafts 4-6pm	25 NIKE football 4-5pm Bead necklaces 4-6pm	26 NIKE whippellball 4-5pm Foosse ball Tournament 4:30-6pm	27 Coed fitness 4-5pm Chess tournament 4-6pm	28 NIKE challenge 4-6pm Nintendo playoff 4:30-6pm Dance 6-8:15pm \$2.00	29 1ST-4TH Movie/Popcorn 1-3pm 5th-6th Movie/Popcorn 5-7pm
30 						

7th-12th Grade & Outdoor Adv Program 5th-12th Grade - 384-1508

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <h1>September 2001</h1>					1 CLOSED
2 WINTER HOURS 7th-12th Grade Monday - Thursday 2-8pm Friday 2-11pm Sat 12-8pm	3 LABOR DAY	4  NIKE Hoops 4-5pm TLC Mtg 6pm SCHOOL RULES	5 NIKE hockey 4-5pm Sewing club 6pm Arts/Crafts 4-6pm A's in English 6pm	6 Photo Club 5:30pm-- Coed Fitness 4-5pm-- Nails 4-6pm-- Chess Club 4pm-- Arts/Crafts 5-6pm	7 NIKE challenge 4-6pm Arts/Crafts 7-8:30pm OAC Mtg 6pm	8
9 OAC ROCK CLIMB 9-5pm	10 COPE Mon.- Fri 9am-3pm Double Dutch 4-5:30pm Positive Peer Computer Lab 5-7pm	11 NIKE 3 point shootout 4-5pm TLC Mtg 6pm	12 NIKE 2 on 2 basketball 4-5pm Sewing Club 6pm A's in English 5:30pm	13 Coed fitness 4-5pm Chess club 4pm Fly Tying 6-7:30pm Photo Club 5:30pm	14 NIKE challenge 4-6pm Mexican Independence Celebration 6:30-9pm	15
16	17 COPE Mon- Fri 9AM-3PM Coed Fitness 4-5pm Cooking Club 5:30-7pm	18 NIKE four square 4-5pm TLC Mtg 6pm	19 NIKE tennis 4-5pm Sewing Club 6pm A's in English 5:30pm	20 Arts/crafts 5-6pm Chess Club 4pm -- Nails 4-6pm -- Coed Fitness 4-5pm- Photo Club 5:30pm	21 NIKE challenge 4-6pm Volunteer Recognition Ceremony 6:30-9pm	22 OAC Trip 9-5pm
23	24 COPE Mon-Fri 9am-3pm Double Dutch 4-5:30pm	25 NIKE football 4-5pm TLC Mtg 6pm	26 NIKE whippellball 4-5pm Sewing 6pm A's in English 5:30pm	27 Coed fitness 4-5pm Chess Club 4pm Fly Tying 6-7:30pm Photo Club 5:30pm	28 NIKE challenge 4-6pm Dance 8:30-10:49pm	29 
30						

Community Highlights ♦ 11

September 2001 Closures

September 2 - Arts & Crafts and Auto Shop Closed
September 3 - Federal/School Holiday (Labor Day)
September 3 - Last day Seward Resort Charter Fishing/Glacier Cruises
September 9 - Otter Lake Boat Rental Closes for Season
September 14 - Last evening for the Seward Resort Free Boat Lottery
September 15 - Last day for the Seward Resort Summer Operations
September 16 - Seward Resort Winter Rates Begin

October 2001 Highlights

October - Domestic Violence Prevention Month, Substance Abuse Prevention Month, National Crime Prevention Month, Disability Awareness Month and Breast Cancer Awareness Month
October 6-9 - Columbus Day Basketball Tournament
October 9 & 10 - Town Hall Meetings
October 13 - Volksmarch, 20th Annual Retiree Appreciation Day
October 13 - Oktoberfest
October 22-31 - Red Ribbon Week Celebration



Army Career & Alumni Program Center (ACAP) Bldg 602, Rm 142.

Preseparation Counseling Checklist appointments or workshop reservations, call Al Griswold, ACAP Counselor at 384-3501.
Tom Hertzog, Veterans Rep from the Alaska Employment Office, is available for individual counseling appointments, call 384-7650.
Retiring soldiers call Gail Scarborough, Retirement Services Officer to schedule a Pre-retirement Workshop and Survivor Benefit Plan (SBP) Briefing, call 384-3500.

Open to: all service members (active duty/retirees, DA civilians & family members). **September 2001 Workshop & Seminar Schedule**

September 5 - Resumix & Application Preparation, 1-3 pm
September 10 - Preseparation Orientation, Mandatory preseparation ETS briefing (active duty 90-180 days prior to separation), 1:30-4:30 pm
September 11 & 12 - DOL/Transition Assistance Workshop, 9 am - 4 pm
September 14 - VA Representative, 10-11:30 am
September 25 - Pre-retirement Workshop, 1:30-4:30 pm

Post Specials & Community Info

September 1 - Hip Hop Showdown, Down Under Lounge, (see pg 2)

September 1 & 2 - Post Yard Sales, 7 am - 6 pm

Thru September 3 - Alaska State Fair, Palmer Fair Grounds

September 3 - Labor Day

September 4 - First Day of School



September 4 - Post Library Grand Re-opening, (see pg 6)

September 7 - PLDC Graduation, Post Theater, 11 am

September 7 - 1-501st Boxing Smoker, Buckner Physical Fitness Center, 7 pm

September 7 & 8 - Last Frontier Rodeo, Sullivan, 7:30 pm

September 7-9 - 3rd Annual Alyeska Blueberry & Mountain Arts Festival, Alyeska

September 8 - Independent Order of Foresters (IOF's) 1st Annual Neck to Neck 5K Challenge, FRA U.S. Army Challenges EAFB Air Force. Neck to Neck 5K races, select your mode (bicycle, roller blade, run, walk). Northern Lights Coastal Trails. \$10 fee for 1 racer and a maximum fee of \$25. **Proceeds for Special Olympics.** Pick up applications at FRA & EAFB Fitness Centers. For more info, call Diana Eichholz, 248-4582 or cell 744-5180

September 8 & 9 - AK Golf Association Tournament, MRGC

September 8 & 9 - Commissary Case Lot Sale, Commissary, 10 am

September 9 - Grandparents' Day

September 10 - Kindergarten (Public Schools) Starts

September 10 - Monday Night Football begins, (see pg 3)

September 11 - Soldier of the Month (SOM) Breakfast, JRETC, 6:30 am

September 12 - Ladies Bible Study, every Wednesday, 9:30-11:30 am. Free childcare ages 6 mos - 4 years. Call Post Chapel 384-1462.

September 14 - Free USO Comedy Show, Post Theater (see front pg)

September 15 - Free USO Comedy Show, EAFB Kashim Club, 8 pm

September 15 - Studded Tires authorized on Post

September 15 - October 15 - National Hispanic Heritage Month

September 15 & 16 - Post Yard Sales, 7 am - 6 pm

September 17 - Hispanic Heritage Ceremony, DFAC (see pg 2)

September 17 - Posh Hashanah begins, Call Post Chapel for downtown services 384-1462, or call Congregation Beth Shalom 338-1836

September 17-21 - NCO & Junior Officers Risk Management & Safety Training, Lee Reserve Center. NCO's (E5/6) class size 50 max. Junior Officers class size 30. Mission: Provides Safety and Risk Management Training for the purpose of supporting the commander's Safety Program thru: Safety Program Compliance, Risk Management Implementation & Accident Prevention. Pre-reg required, 384-2382 or e-mail larry.petersen@richardson.army.mil

September 18 - Community Action Council (CAC), JRETC, Bldg 655, 9:30 am

September 18 - Commissary/PX Advisory Council, PC Conf Rm, 1 pm

September 19 - ACS Thriller Chiller, Post Theater (see pg 2)

September 19 - FREE Fire Extinguisher Training, Fire Prev Office, Bldg 802, 10 am. Call 384-3132 to sign up

September 19 - Retiree Council Meeting, Bldg 602, Rm 144, 7 pm

September 19 - Oktoberfest Membership Night, EAFB Susitna Club, 5:30-8 pm. All ranks. Member are free, family members 13 & up \$5, children 6-12 \$2.50, under 5 free. Call 753-3131 for info

September 21 - National POW/MIA Recognition Day

September 21-23 - 9th Annual Home & Garden Show, Sullivan

September 22 - Autumn

September 22 - 2nd Annual 10K Run/Walk w/the Alaska Marine Corps. Start/finish cross streets of 6th and D St. on FRA, 8 am. \$10 early registration September 17-21 (t-shirt incl), \$15 day of race. **All proceeds go to the Toys for Tots!** Race packets at EAFB Marine Reserve Training, Bldg 5893 behind the old EAFB Hospital, September 17-21. For more info, call Steven Washam 580-3655

September 25 - November 2 - Combined Federal Campaign (CFC), Kickoff, (see pg 2)

September 27 - YOM KIPPUR Call Post Chapel for downtown services 384-1462, or call Congregation Beth Shalom 338-1836

September 27 - Right Arm Night, Down Under, 5 pm

September 28 - Ft. Richardson Aglow, Bldg 337, 7 pm. A community Lighthouse for women. For info, call Latisha George 428-1070, or Cynthia Miller 428-9988

September 28-30 - 7th Annual Winter Rec & Travel Show, Sullivan

September 29 - Hispanic Heritage Carnival, Buckner Physical Fitness Center (see pg 2)

September 29 - Women's Retreat, The Dwelling Place, Eagle River. Guest speaker: Barbara Willey. Call Marci 696-2980 or Post Chapel for more info, 384-1462

12 ♦ Activity Hours Of Operations

Activity *New Hours	Hours of Operations	Phone #
Army Community Service	M-F: 7:30 am - 5 pm	384-1517/1518
Family Resource Ctr....384-1513, Family Advocacy....384-1006, Volunteer Resource Council....384-6736, Consumer Affairs & Finance....384-7509, Families First...384-7508/0504, Relocation & Loan Closet...384-1515, Family Mbr Employment...384-6716, Exceptional Family Mbr Prog...384-0225		
Army Emergency Relief	M-F: 7:30 am - 6 pm	384-7478
Arts & Crafts/Frame/Wood	Th/F: 12-9 pm, Sa/Su: 10 am - 7:30 pm, CI M/T/W	384-3717/3719
Automotive Skills Center	Th/F: 12-9 pm, Sa/Su: 10 am - 7:30 pm, CI M/T/W	384-3718
Barber Shops Bldg 602 (Welcome Center), Rm 137, M-F: 9 am - 5 pm....428-1229, Shoppette Bldg M-F: 9 am-7 pm, Sa: 9 am-5 pm, CI Su ...		428-1221
Black Spruce RV Campground	(No reservations required, first-come, first-served)	384-7740
Buckner Physical Fitness Center	M-F: 5:30 am - 10 pm, Sa/Su/Fed/Tng Hol: 9 am - 7 pm, Front Desk & Equip/Tanning	384-1308
Sports		384-1304/1306
Pool	M-F: 6 am - 9:30 pm, Sa/Su/Fed/Tng Hol: 11 am - 4:30 pm, Office384-1301, Recording	384-1302
Center for Substance Abuse Programs (CSAP), M-F: 7:30 am - 4:30 pm		384-1418
Adolescent Substance Abuse Counseling Svc (ASACS), M-F: 7:30 am - 4:30 pm		384-0134
Chaplain (Post) LTC Curt Schlosser	M-F: 9 -11:30 am and 1-5 pm	384-1461
Child Development Services		
Child Development Center (Bldg 6), M-F: 6 am - 5:30 pm....384-0686, School Age Services (SAS) (Bldg 297), M-F: 6 am - 5:30 pm		384-1508
Hourly Care Program (Bldg 337), M-F: 8 am - 4:30 pm....384-1510, Family Child Care (Bldg 337), M-F: 7:30 am - 5 pm		384-1500
Part Day Program (Bldg 337), M-F: 7:30 am - 4:30 pm....384-1510, Central Registration (Bldg 337), M-F: 7:30 am - 5 pm		384-7483
Civilian Personnel Advisory Center (CPAC) M-F: 7:30 am - 4:30 pm, CPO.....384-1374, NAF		384-1379
Commissary (Anchorage Area) EAFB M-Sa: 10 am - 8 pm, Su: 10 am - 7 pm		580-4425
Bakery.....580-3373, Deli.....580-3397, Grocery.....580-1719/9998, Meat Dept		580-4433
Down Under Lounge	F: 5 pm-?, Sa: 7 pm-?	384-7619
Dyea Ski Rental	Th-M: 11 am - 7 pm, CI Tu & W.....	384-2960/428-1309
Education, Army Continuing Education System (ACES) M-F: 7:30 am - 5 pm.....384-0970/0968, Testing Office		384-0961
Learning Resource Center	M-F: 7:30 am - 10:30 pm, Sa: 9 am - 4 pm	384-0964
MOS Library	M-F: 8:30-11:30 am & 1-5 pm	384-0964
Food Court (Anthony's Pizza & Robin Hood Deli) M-F: 10 am - 7 pm, Sa: 10 am - 5 pm, CI Su		428-1314
Hospital (EAFB) 3rd Medical Group, Tri-Care, Central Appointments		580-APPT(2778)
Family Practice ..580-2305, Tri-Care Customer Service Line..1-800-242-6788, Emergency Room (ER)		580-5555
Pharmacy Phone Refills.....580-1170/1171, Hospital Pharmacy		580-6834
Info & Comment Line Ft. Richardson....		384-INFO(4636)
Library, Post	M-Th: 11 am - 8 pm, Sa: 1-5 pm, CI F/Su	384-1640/1648
Lodging (Billeting)	Open 24 hours a day (7 days a week).....(1-800-GO-ARMY1),	384-0421/0436
Military Mall (Joint) EAFB	M-Sa:9 am - 9 pm, Su: 10 am - 7 pm.....	753-4208/4209/4420/4422/6264
Cinnabon, Charlie's Steakery & Seattle's Best Coffee M-Sa: 6:30 am - 9 pm, Su: 8 am - 7 pm; Anthony's Pizza, Church's Chicken & Robin Hood Deli M-Sa: 10:30 am - 9 pm, Su: 10:30 am - 7 pm; Frank's Franks M-Su: 10:30 am - 7 pm; Clothing Sales: 753-4422		
Hours of Ops for following Shops: M-Sa: 9 am - 9 pm, Su: 10 am - 7 pm. Alterations Shop: 753-0533, AT&T Telephone Store, Barber Shop: 753-1344, Beauty Shop: 753-1215, Flower Shop: 753-5252, General Nutrition Center (GNC): 753-7447, Gift Shop: 753-8500, Mail Boxes Etc: 753-4477, One-Hour Photo: 753-5331, Vista Vision Center: 753-7500, Watch & Jewelry Repair: 753-0256, Tu-Su:10 am - 7 pm, CI M		
Moose Run Golf Course	M-F: 7 am-10 pm,Sa/Su/Hol: 6 am-10 pm, Driving Range opens 1/2 hour earlier then the Golf Courses...	428-0056
Omega World Travel	M-F: 9-6 pm	428-3500
Otter Lake Boat Rental & Snack Bar	Open 7 days a week, M-F: 11 am - 7 pm.....	384-6245/6250
Otter Lake Lodge (Reserve thru ODR).....	384-1475/1476, Lodge (Bldg 65-505)	384-6246
Outdoor Rec Center (REI) (Bldg 794)	M-F: 9 am - 6 pm.....	384-1475/1476/428-0001
Red Cross	M-F: 8 am - 4 pm.....Emergency Message 1-877-272-7337, Local office 552-5253	
Service Station (FRA)	M-F: 6 am - 8 pm, Sa: 8 am - 7 pm, Su: 10 am - 5 pm	428-1248/1249
Service Station (EAFB)	M-F: 7 am - 7 pm, Sa: 8 am - 6 pm, Su: 10 am - 5 pm	753-0166/7120
*Seward Resort	Beginning September 16 please call for Hours of Operations	1-907-224-2654/2659, Leave Message 1-800-770-1858
Shoppette/Class 6	M-F: 7 am - midnight, Sa: 8 am - midnight, Su: 9 am - midnight	428-2911/3190
Skeet/Trap/Sporting Clays, Archery (Bldg 45-100) W: 4-9 pm, Th/F: 11 am-7 pm, Sa/Su: 10 am-4 pm, CI M/T		384-1480
Thrift Shop (Bldg 5/Old PX)	Tu-Th: 11 am - 2 pm, Tu & Th: 5-8 pm.....	384-JUNK(5865)
YMCA (Armed Services) (Bldg 5)	M-F: 8:30 am - 2 pm	384-9622
Vet Clinic	M/T/W/F: 8:30 am - 4:30 pm, Th: 1-4:30 pm	384-2865
*Youth Services 1st-4th grade Sa:12-4 pm; 5th-6th grade M-F:3:45-6 pm, Sa:12-5 pm; 7-12th grade M-Th:2-8 pm, F:2-11 pm, Sa:12-8 pm, CI Su/Hol.384-1508		